

March 2021

Town of Braintree Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

Hours: 8:30 AM– 4:30 PM

“Live, Learn, Laugh and Be Happy”

Mayor Charles Kokoros



Sharmila Biswas: Director
Mary Howland: Outreach Coordinator
Therese Jarrett: Services Coordinator

Michelle Birolini: Volunteer Coordinator
Frank DeFrancesco: Transportation Services
John O'Reilly: Custodian

PHONE: 781-848-1963

FAX: 781-848-2835

WEBSITE: www.townofbraintreegov.org

Please note you may sign up for all activities on or after February 1st at 9:30 am

Please do not call earlier to request to be signed up for any activity unless otherwise noted in the newsletter.

Thank you for your patience and understanding. Reservations must be made with a live person.

Greetings Everyone,

Happy St. Patrick's Day to one and all! A flashback from the past! March 2020, we had our Saint Patrick's Day all planned, I had just returned from my month long trip and was looking forward to celebrating the day with all of you. Unfortunately, we kept hearing about this virus called COVID19 which was approaching at a fast and furious pace and was leaving casualties in its path of destruction. We thought Massachusetts was not in it's total grip and we could have our Irish Day festivities. In a matter of days we realized that it was not possible and the harsh reality was that we had to suspend all activities and close the building. That was our first big scheduled activity we had to cancel. We closed down in hopes of being back in a few weeks and start getting busy once again. Alas! a year has passed and once again we are planning for a Saint Patty's day, but totally in a different form that we all got accustomed with.

While the virus has not relented, vaccines are out and some are waiting for approval from the FDA. The situation is still very fluid and everyday more news filters in. As I write this newsletter, adults, age 75 and over are considered to be the priority population to receive the vaccination. The State of Massachusetts is opening up more sites, pharmacies like Walgreens, CVS, Big Y are opening up locally to administer shots and Braintree residents are lucky to have a vaccination site in Town Hall. People who have received their first vaccines at Town Hall have been very pleased with their experience. Kudos to the dedication of the Health Department and the staff who are scheduled and calling people. Believe me, it takes a lot of patience and concentration. Many have already received their vaccination at the Mass Vaccination site in Gillette and their experience has been pleasant. If you are contemplating on getting vaccinated at these sites, the Governor's Office wants you to know there are no long wait lines. If someone needs assistance they can have one person accompany them. The sites are fully wheelchair accessible, do not require people to use stairs and a few wheel chairs are available on site. Drop Off and Pick Up areas are easy to navigate and seating areas and restrooms are within reach. If individuals, 75 or older, have difficulty booking online they can call 2-1-1 and someone will be able to book an appointment for them. Please call us if you have any questions.

We are all waiting for that day, when our front door will be unlocked and we can see your smiling faces walk through those doors. Until then be safe and stay healthy!

Sharmila

Enjoying the Simple Pleasures

HAPPY SAINT PATRICK'S DAY

Come pick up your Irish Treats made by
MA Reilly's Bakery

When: March 17

Time: 1:00 P.M.

Please call to sign up. Spots are limited.

To sign up call 781-848-1963



Special Activities and Meetings: See our calendar for a complete list of activities

November 18	Bereavement Support Group	2:00 PM
1st Wed & 3rd	<p>Activities are limited, but we are progressing and will always be here for you.</p> <p>We try to ensure and work towards seeing you all in a safe environment.</p> <p>Remember, we are just a phone call away. 781-848-1963</p>	
Monday Nov 18th		
Every Tuesday		
Tuesdays		
Every Tuesday		
Every Tuesday		
Every Tuesday		
Every Wednesday		
Tuesday and Thursday	Walking Group (see calendar for locations)	10:00 AM
	Alzheimer's Support Group	
	Check out BCAM for Senior Programs	
	All Exercise Classes are outdoors.	
	Movies are limited number to social distance Please call to sign up	11:00 AM

RECYCLE



Braintree Trash/Recycling Update 2020-2021

Extra trash outside the cart, other than what is listed on the recycling cart information label, cannot be picked up curbside. Braintree residents receiving curbside services who have the occasional extra bags of trash may go to the Recycling Center at 257 Ivory Street and drop off up to 3 bags of trash. The attendant will designate which container to utilize.

Hours: Monday, Tuesday, Thursday, Friday & Saturday: 7:00 A.M. - 3:00 P.M. Closed on holidays. Additional information: www.braintreema.gov/recycling

TRIVIA WITH CHRIS

Where: Braintree Elder Affairs
When: March 25th
Time: 1:00 PM
 Seating is very limited. Please call
781-848-1963 to sign up.



Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday,	Independence Housing	10:30-11:30
Wed,	Department of Elder Affairs	12:15-1:00
Tuesday,	Roosevelt Housing	12:00-12:30

Please call to the Health department to find out about B P Clinics

Shopping Shuttle Schedule

Reservations: please call 781-848-1963; 48 hours in advance.

Pick-up time between: 9:30 to 10:00 AM
Return time between: 11:30 AM to 12:00 PM

Tuesday, March 2,	Drivers Choice
Thursday, March 4,	Drivers Choice
Tuesday, March 9,	Drivers Choice
Thursday, March 11,	Drivers Choice
Tuesday, March 16,	Drivers Choice
Thursday, March 18,	Drivers Choice
Tuesday, March 23,	Drivers Choice
Thursday, March 25,	Drivers Choice
Tuesday, March 30,	Drivers Choice

Special Shopping Trip: Friday —March 12-Walmart

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor & Library Express
- **Transportation:** please call to reserve
Medical Van Rides
Senior Center Activity Rides
Shopping Shuttles
- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Day Trips
Health and Fitness Classes
- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meetings
Bereavement Support Group
- **TRIAD:** senior safety
- **SHINE:** health insurance counseling; **please call for an appointment**
- **Ask the lawyer:** free consultations; **please call for an appointment**
- **Medical Equipment Loans:**
wheelchairs, walkers, canes, shower seats
and commodes; **please call ahead.**

Alzheimer's Care Giver Support Group

Call the Alzheimer's Association 24/7 Helpline (800-272-3900) anytime to receive reliable information, advice and support. Trained and knowledgeable staff are ready to listen and can help you with referrals to education, crisis control and emotional support. Care consultations are provided by master's level clinicians.



You can always call us at 781-848-1963, if you have any questions.



**HAPPY
VALENTINE'S
DAY
GIVE
AWAY!!!**



MONDAY	TUESDAY	WEDNESDAY
1 Please go to this link to see the schedule for Elder Affairs. http://www.bcam.tv/watch/public/public-channel-schedule/	2 Shopping Shuttle-Drivers Choice 10am-Elder Affairs programs on BCAM	3 10am-Elder Affairs programs on BCAM
8 10am-Elder Affairs programs on BCAM	9 Shopping Shuttle-Drivers Choice 10am-Elder Affairs programs on BCAM	10 10am-Elder Affairs programs on BCAM
15 10am-Elder Affairs programs on BCAM	16 Shopping Shuttle-Drivers Choice 10am-Elder Affairs programs on BCAM	17 10am-Elder Affairs programs on BCAM 1:00 St. Patrick's Day Give Away
22 10am-Elder Affairs programs on BCAM	23 Shopping Shuttle-Drivers Choice 10am-Elder Affairs programs on BCAM	24 10am-Elder Affairs programs on BCAM
29 10am-Elder Affairs programs on BCAM	30 Shopping Shuttle-Drivers Choice 10am-Elder Affairs programs on BCAM	31 10am-Elder Affairs programs on BCAM

THURSDAY		FRIDAY	
on	4 Shopping Shuttle-Drivers Choice 10am-Elder Affairs programs on BCAM	5 10am-Elder Affairs programs on BCAM	
on	11 Shopping Shuttle-Drivers Choice 10am-Elder Affairs programs on BCAM	12 Special Shopping Trip-Walmart 10am-Elder Affairs programs on BCAM	
on ay	18 Shopping Shuttle-Drivers Choice 10am-Elder Affairs programs on BCAM	19 10am-Elder Affairs programs on BCAM 11:00 AM—Fun Movie Friday	
on	25 10am-Elder Affairs programs on BCAM 1:00 Trivia-Please call to sign up	26 10am-Elder Affairs programs on BCAM	
on	<div> We are HERE to Help YOU! </div>	We are only a phone call away 781-848-1963	

CHARITABLE GIVING

Elder Affairs wishes to thank everyone for their kind support throughout 2020. Your generosity made a lot of people feel very special. We are hoping you will keep us in your thoughts in 2021. Your donations, monetary or in kind, is of extreme importance.

Your thoughtfulness keeps our programs enriched and our older adults feeling connected. A very happy 2021 to one and all.

**“MAY YOUR TROUBLES BE LESS,
YOUR BLESSINGS BE MORE, & NOTHING BUT
HAPPINESS
COME THROUGH YOUR DOOR.”**

PROGRAMS ON BCAM

We will continue to have our Exercise classes outdoors, on days the weather allows. We will be adding many new exercise classes on BCAM to be sure that we stay connected, even on the coldest days. Stay Healthy and remember we are always just a phone call away!
781-848-1963

Most Television programs for Braintree's Older Adults will begin at 10:00 a.m. daily but for the most current schedule go to...

<http://www.bcam.tv/watch/public/public-channel-schedule/>

<http://www.bcam.tv/about-us/contact-us-2/>

OUTREACH



ARE YOU OK? PROGRAM



The “Are You Ok?” program is a daily telephone reassurance program offered by the Sheriff’s Office in partnership with Fallon Ambulance. Each morning, enrolled seniors receive a call to check on their well-being. If an individual does not respond or requires assistance, staff notifies their family, and if necessary, local police and/or emergency services. This program is free to Norfolk County residents and has saved the lives of a number of seniors.

The program is provided 365 days a year for seniors and/or people with disabilities. Calls are placed from 6:00 a.m. - 10:00 a.m. daily with the time of the call being chosen by the individual. The automated call takes approximately 24 seconds and is monitored by a Norfolk Sheriff Deputy Sheriff or Fallon Ambulance Staff. Individuals may determine how many days a week the call is placed and may suspend calls when they know they will be away from home. The monitoring of these calls is a great tool in determining the needs of an individual while at the same time allowing elderly residents living alone to have a sense of security knowing that a public safety professional is checking on their well-being.

Seniors interested in signing up for this no cost, potentially lifesaving, program are encouraged to call 1-866-900-7865.



For your safety and others, due to Covid-19 please continue to wear your mask, wash hands frequently and social distance! WE CARE ABOUT YOU!

RMV Extends Wednesday Senior Hours through March

Providing older adults with a designated RMV Service Center every Wednesday through March will result in a safer space for customers to visit. Customers 75 and older will be able to visit The Registry of Motor Vehicles Service Centers by reservation only on Wednesdays through March. To make a reservation go to www.Mass.Gov/RMV , select “Senior Transaction” option to make a reservation. Closest Service Centers providing the special times are in Brockton and Plymouth. You call the RMV at 857-368-8005

From The Chairman, Hank Joyce

Good morning everyone and I pray that you are all healthy and safe and hope many of you have already received your vaccine shot. I received mine and I had no side effects. I am now waiting for my second dose. I am so grateful to the town for setting up a vaccine site. The process was very efficient and didn't take a long time. A big thank you to Marybeth McGrath and her staff for the wonderful job they have done for the last year and continue to do every day.

It's the 7th of February and the snow is coming down pretty steady, but the most important thing today is to get ready for the Super Bowl. One must have all the snacks ready and make sure you have something good to drink to wash down all the snacks. Now the big game is over and once again Brady proved to be the greatest quarterback ever to play the game. We must give a lot of credit to Patrick Mahomes who played his heart out and made a lot of great passes that were unfortunately dropped.

Valentine's day is right around the corner and hopefully you all enjoyed the Valentine's Giveaway at the Senior Center. TRIVIA has been a hit at the center. We would love to see some new faces at our next our TRIVIA on March 25th. Please call to sign up. We also have a St. Patrick's Day giveaway coming up and that is always a very special day.

Our very mild January is fast turning into a very cold and snowy winter. So please be careful and do not try to do anything that will be harmful. If you need any help, please call the Senior Center at 781-848-1963.

Be safe and stay healthy.....Hank

A Message to our Veterans

Braintree Veterans who are enrolled in VA Health care and have a primary care Doctor at the VA Clinic in Quincy are eligible for transportation to the clinic. The Veteran's office in partnership with Elder Affairs can provide transportation to the clinic with a 48 hour notice. Please call 781-848-1963 to make arrangements.

Quincy VA Clinic

110 West Squantum Street
Quincy, MA 02171-2122

Sunday:
Closed

Monday:
8:00 a.m. - 4:30 p.m. Tuesday: 8:00 a.m. - 4:30 p.m. Wednesday: 8:00 a.m. - 4:30 p.m.
Thursday: 8:00 a.m. - 4:30 p.m. Friday: 8:00 a.m. - 4:30 p.m.

Saturday:
Closed

COVID-19 Vaccine Information

The information on vaccinations changes almost on a daily basis. The information in this newsletter is what is most recent. But by the time you receive this newsletter the situation may have changed again.

The Town of Braintree began holding small clinics and had vaccinated many of our older adults age 75 and over. It was a very comfortable way to get vaccinated in a small place, with faces you are familiar with. With the Governor's decision to begin the phase of vaccinating people over the age of 65 and individuals with two co-morbidities and the residents and staff of low income and affordable senior Housing. The supply of vaccines to local clinics, will be halted effective March 1st. The Mayor's Office will continue to prioritize our residents 75 and older, if additional vaccines can be acquired. Also, the Town will continue to collaborate with Brewster Ambulance Service to host local clinics if vaccine doses are available.

Braintree residents who have signed up for the Vaccination Appointment Registry will remain on the list and they will be scheduled as vaccine becomes available. In the meantime, residents should consider alternate sites like their Doctor's office, local pharmacies like CVS or Walgreens or one of the State Vaccination sites.

The State of Massachusetts has opened up a several mass vaccination sites and the places accessible from Braintree are Gillette Stadium (Foxboro), Fenway Park (Boston), Abington High School, etc. These places have the most capacity and availability for appointments. These sites are safe and wheel chair accessible. Pick up and drop off areas are also accessible and there are enough rest rooms and seating areas. The sites are striving to make sure the lines are not long and friendly staff will be available to assist you through the process.

Please go to vaxfinder.mass.gov to search for locations and make appointments.

The State of Massachusetts has now established a 2-1-1 (877-211-6277) call line. Older Adults not comfortable registering online can make appointments by calling the above number. The Intake Department at South Shore Elder Services are also providing information and help you navigate through the process. You can call them at 781 848 3910 as ask for Intake. As always, please feel free to call us if you have questions. Be safe and we are all looking for better days!

Outdoor Exercise is back

Starting April 1st our outdoor exercise programs will be starting up again.

**Cardio
Balance
Chair Yoga
Tai Chi**

Please keep an eye out for the schedule in the April

PEN PALS

Pen Pals Wanted!

It's fun to get a letter or a card in the mail. It can brighten your day, make you smile, and give you something to do, like write back! Join us in exchanging letters with others and making new connections while staying at home. Whether you would like to become a pen pal, or just want to receive a card or note, please send a letter with your address to:

Braintree Elder Affairs
71 Cleveland Ave
Braintree, MA 02184 or email
mbirolini@braintreema.gov Be sure to include your address.

STAY IN SHAPE WITH OUR ZOOM CLASSES

Bob Cobbett Able Bodies

A virtual balance and fall prevention exercise class continues to be available via Zoom with Bob Cobbett on March, 9th and 23th at 10:00 am. A. If outdoor classes get cancelled due to weather conditions then a Zoom class will take place at 10:00 am instead. Classes are also available for viewing via the Braintree cable channels (Verizon channel 28 and Comcast channel 9). Cable classes air on Mondays at 11:00 am and 1:00 pm, and on Wednesdays at 11:30 am. If you have questions please contact Bob Cobbett at

781-413-7724 -rcobbett@beld.net.

Sue Thomas Chair Yoga

A virtual Chair Yoga class will begin to be available via Zoom with Sue Thomas every Thursday in March@ 10 AM If you have trouble please call . 617-281-3757

Meeting ID: 258 892 1639

Passcode: 7E7MXx

Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184

Place
Stamp
Here

Braintree Dept. of Elder Affairs ~ 2019 Board Members
Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman
Ann Moore, Secretary
Robert Caruso, Treasurer

Lucille Barton
Tim Burke
Leland Dingee

Jane Fogg
Connie Mattina
June Newman

Staying in touch from home

Writing Project...EXTENDED DEADLINE

A Day in My Life: Present, Past and Future -Living Under the Covid19 Pandemic

DIRECTIONS:

In ~200 words (3-4 paragraphs), describe what your memorable day good or bad has been like since the outbreak of COVID-19. Here are some questions to consider:

- What is happening with the coronavirus crisis in our country?
- How have these changes impacted your daily routines?
- What have been the positive experiences from this situation (silver lining)?
- How has that made you feel about the world we live in now, compared to the challenges in the past?
- What should our society learn from this crisis that has affected us globally?
- What words of Wisdom can you share from the wealth of knowledge you hold by being an Older Adult?

At the end of your essay, please write your Name, Age. ***If you wish to stay anonymous just let us know.*** Submit your story to Michelle at mbirolini@braintreema.gov or just mail it in to Braintree Department of Elder Affairs 71 Cleveland Ave, Braintree, MA 02184

This project will be highlighted in our Monthly Newsletter at Department of Elder Affairs. Everyone that submits an

essay will be entered into a raffle to win some fun prizes.

What has impressed us most about the current situation we are living through is the incredible solidarity, kindness, generosity and creativity we have witnessed throughout this pandemic. We are amazed by how you have all adapted to this situation by attending outdoor events, wearing masks etc. and showing your strength!

I'm hoping to share some of the stories of your strength with some younger members of the Braintree community. With the colder months approaching we want to be creative by staying in contact in a safe way with our most vulnerable but the toughest population in our community. You are all inspiring to so many and we want to share it with everyone.

Fear will not have the last word, but love and hope will!

Essay entry Deadline is March 25, 2021.